



# Be A School Wellness Champion



## Teachers, we need your help to make schools healthier!

Children spend most of their day at school. So, it's important that they have healthy foods and drinks while they are there. Good nutrition and physical activity helps children learn better at school. The CPS School Wellness Policy tells how each school is making **the healthy choice, the easy choice** for kids. As a teacher, you ensure the wellness policy and guidelines are put into action in your classroom!

### 4 ways teachers can help:

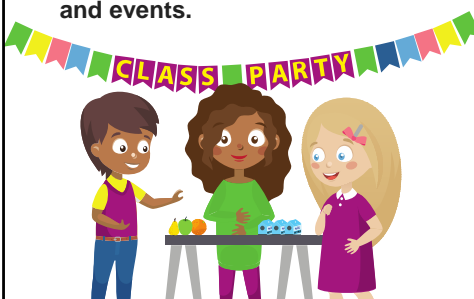
**1 Encourage parents/caregivers in your classroom to join the school wellness committee.**  
The wellness committee meets the first Wednesday of every month from 12:30pm-2pm and works on projects to help make schools healthier. Contact Kim DeAndrade at [kdeandrade@cpsd.us](mailto:kdeandrade@cpsd.us) for more info.



**2 Read the school wellness policy here:** <https://bit.ly/2laLkJP>  
Questions? Contact your school's principal.



**3 Support classroom and school events that have healthy foods and get kids physically active. Keep the wellness policy in mind when planning classroom activities and events.**



**4 Share how your school is doing in promoting wellness.** We want to know what is and isn't happening in your school! Complete this form: <https://goo.gl/forms/K4D8pNQv5gDLheLJ2>



## What is in our school wellness policy?

Find guidelines to follow when implementing the wellness policy here: <https://bit.ly/1J8NeVC>

Major topics in the guidelines are:

-  • **Nutrition education and promotion**
-  • **Physical activity**
-  • **Other wellness activities** (such as school gardens and walk/bike to school)
-  • **Nutrition standards** for all foods and drinks **sold** to kids at school
-  • Foods and drinks that may be **given** to students (such as at classroom celebrations or foods given as rewards for behavior)
- **Food and beverage marketing**

**Better Health = Better Learners**



# Be A CPS Wellness Champion

## Wellness Policy Highlights for Teachers

### Classroom Celebrations & Birthdays

- Candy & soda may not be brought to school for any classroom events.
- Inform families how birthdays are celebrated in your classroom, and if food is used, provide healthy choices.
- If families send food for celebrations, encourage healthy options like fruits instead of sweet baked goods.
- Establish a process to ensure contributions for celebrations including food are predominately healthy foods. For example, assign families to food categories, prioritizing healthy foods.

### Classroom Rewards

- When using classroom rewards, provide non-food rewards.
- Food, candy, and beverages may not be used as rewards.
- Withholding food or beverages as punishment is not permitted.

### Fundraisers

- No candy or soda may be sold at fundraisers.
- Bake sales are only permitted 30 minutes before the start of school, and 30 minutes after the school day ends, or when the late bus arrives, whichever is later.
- Non-food fundraisers are recommended, but if food is sold outside of school to raise funds, healthy foods are encouraged.

### Classroom Snacks & Water

- Encourage families to send healthy snacks for students including fruits, vegetables, whole grains, and low fat dairy.
- Work with the school nurse and parents to manage classroom allergies.
- Encourage students to use reusable water bottles so they can easily drink water in the cafeteria and classroom.

### Recess

- Do not keep students from recess as punishment or to make up work, unless under unusual circumstances.
- Advocate for students K-8 to have 20 minutes of recess daily, ideally before lunch.
- Remind families to send appropriate outdoor clothing for weather as recess is not cancelled for weather.
- Recess is to be held indoors if it is below 10 degrees.

### Health Education & Screening

- Health education benefits students of all ages. Certified health educators teach some elementary and all of grades 6-12. Students should receive consistent health messages from all educators.
- Health screenings are completed on an annual basis.

### For More Information...

Visit the CPS website for more information on healthy snacks, fundraisers, celebrations and non-food rewards: <https://bit.ly/2kxcSOI>